

South Hadley Youth Soccer 2026 Kindergarten Coed Rules

Kindergarten soccer is an instructional league that is supposed to be fun for all the kids. Scores and standings are not kept in the league. This division is intended to teach the kids the basic skills of the game including throw-ins, passing, positioning and the concept of teamwork. Ideal roster size should consist of 8-10 players.

The league is coed and is for that turned five years of age on/before August 31, 2025.

Game schedules will be available on our website, www.southhadleyrecreation.org.

What does each player need this year?

- The coaches have enough balls for each player; however, it is highly recommended you have one for practice at home. If they bring this ball to practice, please make sure it is clearly identifiable, so it doesn't get lost with the other soccer balls. A size #3 ball is what is used for this program.
- Cleats and/or sneakers.
- Shin Guards are highly recommended and supplied by players.
- Water bottle (with name written on it).

What is required of parents?

- Agree to supply your child with the necessary equipment.
- Agree to never drop off the player more than five minutes before the start of the session and to pick up at the scheduled end time.
- Spectators should bring their own chairs. Bleachers and/or benches are not available at most of the parks.
- The Town now has a "take out what you take in" policy for trash, there are no trash barrels in our town parks. We are encouraging people to have reusable water bottles.
- Agree to not send your child to a team event if they are feeling unwell.

What is required of the coaches?

- The coaches should attend the coaches meeting hosted by the Recreation Department.
- All coaches must complete a CORI form every two seasons.
- It is highly recommended that the coaches take advantage of the training courses provided by Mass Youth Soccer. <https://www.mayouthsoccer.org/coaches/coach-education/> and use the MOJO app.
- YouTube has a lot of good coaching videos for those looking for additional information.

- Monitor the heat for games and practices. While we rarely cancel due to heat as the practices/games are so short in time, however; players are encouraged to hydrate before attending soccer and during the event. Coaches should have frequent water breaks and try to find a spot in the shade.

Schedule:

- Each team will get a practice time for Sunday, April 12th & 19th
- Teams will not be assigned a weekday practice time unless a coach asks for one. Fields will be given out based on what is available after the in season sports (baseball, softball, t ball & lacrosse) select their times. Players should not miss an in season sport for soccer.
- Games will be played on Sundays between 9am and 3pm on April 26th, May 3rd, May 17th, May 24th, May 31st, June 7th, June 14th & June 21st.
- The game schedule will be released by April 20th and will be able to be found at www.southhadleyrecreation.org.
- Games for this division will be played at either Woodlawn, Plains, Center or Buttery Brook Park.
- If we are going to cancel practices, we send a group email out to the coaches who then communicate that to the parents. If games are going to be cancelled, we update the league website. Please note, teams can cancel on their own if they wish based on weather or other factors.

Game Play:

- Games will be played on a field 35 x 25 yards.
- Ball will be a size #3.
- Play will be 4 vs. 4 without a goalie. Games can be played 5 vs. 5 if there are 9 or more players present for one team.
- The goal will be 4 x 6 feet. There will be a small goal box where players cannot enter in front of each goal.
- There will be eight (8), five (5) minute periods. Substitutions will occur every five minutes (substitutions can happen more frequently if players need a break).
- Halftime will be held after the fourth period and will last five (5) minutes.
- Teams will go the same direction for the entire game.
- There will be no throw-ins or corner kicks.
- Play will be resumed by kick-ins and/or dribble-ins.
- Players cannot punt, slide tackle or head the ball. There are no yellow or red cards; however, a substitute can be made if necessary.
- Only one coach is allowed on the field from each team. The other coaches must be on the sideline and will regulate players and monitoring water breaks.
- Only two players will be allowed on the defensive side of the field and two players on the offensive side of the field per team. All players must get equal time on each side of the field. If playing 5 vs. 5, the fifth player can go anywhere on the field.